

CoDA Tools of Recovery

Breaking the Cycle of Isolation

- asking for help
- phone list
- e-mail
- CoDA.org and NECoDA web sites
- online meetings
- telephone meetings
- sponsorship
- literature

Stress Busters

- stay positive
- slow down (to the speed of life)
- take care of yourself (self-care)
- live in the present
- affirmations
- acceptance

Meetings

- meetings
- home group
- sharing
- anonymity
- listening
- slogans

Relationship Building

- "I" messages
- boundaries
- detachment
- making choices

Gaining Insight

- journaling
- writing letters
- **the twelve steps**
- positive thinking
- forgiveness
- humor
- inventory taking (my own)

Spirituality

- gratitude lists
- meditation
- prayer
- Higher Power
- **the twelve steps and promises**
- surrender
- turning it over and letting go
- trust

Service

- business meetings
- meeting chair, secretary, treasurer
- service work
- seventh tradition
- **the twelve traditions**
- **the twelve service concepts**

Also...

- see the "Tools of Recovery" booklet
- remember to breathe
- remember God loves you
- remember balance - the middle way

The Serenity Prayer

God, grant me the serenity
to accept the things I cannot change,
courage to change the things I can,
and wisdom to know the difference.



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